

Member: Canadian Nutrition society, European Society for Clinical Nutrition & Metabolism,
Indian Dietetic Association, International confederation of Dietetic Associations,
Asian Federation of Dietetic Associations, Orange City Runners

3/22/2022

Weight: 102 kg Name: Priyanka

Age: 37 y

Height: 160 cm

Food Plan Week 1

8:00 AM 30g Mix Seeds (Sunflower, pumpkin, watermelon, flax)

9:30 AM 1.5 katoris Upma/ 1 Small Dosa
Sambar Chutney

11:30 AM Buttermilk

2:00 PM Salad
2 Phulka/ 1 Millet roti
Sabji
Dal/ Kadi

5:00 PM 1 Katori Peas/ Sprouts with tadka + Veggies

8:00 PM Salad/ Soup/ Rasam
1 katori Rice + Sambar/ Veg Curry
[or] 2-3 Idlis + samabr chutney
[or] 2 Katori Palak Khichadi

10:30 PM 1 Fruit (if needed)

Program Expiry
21-06-22

Note

A) Refer General Guidelines.

B) 1 Free Meal In the Week is Allowed.



Sneha Fafat

www.snehafafat.com

Activity and Food Tracker

SEE HOW
YOU EAT.

	Day1	Day2	Day3	Day4	Day5	Day6	Day7
Exercise 							
Water 							